The Loyal Lifeguard

Reel your friends to safety!

Overview

- ★ # of Participants: **10 or more**
- ★ Where to Play: **Indoors**
- ★ Age of Participants: **Middle / High School**
- ★ Approximate Time to Play: **10-20 minutes**
- ★ Materials: **50 feet of rope and a gym scooter per team**

Summary

- ★ Teams choose a lifeguard who stays in the center base
- ★ The lifeguard rolls a scooter to their teammates who are sitting around the room
- ★ Teammates then ride the scooter while their team pulls them to center base
- ★ The first team to rescue all of their players wins

How to Play

Each team will need about 50 feet of rope and a scooter. You can use gym scooters or really anything with a low platform and casters that can carry a student across the floor. Split the group into even teams of 5 to 10 people each, and have each team choose one player to be their *Lifeguard*. These Lifeguards should head to the center of your space. This could be the center circle of a basketball court, or you could just define an area with cones or painter's tape. This region is the lifeguard's home base, and they're not allowed to leave it.

Everyone else, the players being rescued, should be scattered all over the room. To make the game fair, everyone should be sitting close to another person from each of the other teams. So if you have three teams, every group of three includes one player from Team 1, one from Team 2, and one from Team 3. This keeps the spacing fair, since no team ends up with all their players clumped close to the middle.

On the count of 3, every Lifeguard rolls their scooter across the gym toward one of their teammates. The goal is to land it close enough that the teammate can grab it without getting up. Once a teammate grabs the scooter, they sit on it, hold on tight, and get pulled into the center by their Lifeguard, hand-over-hand on the rope. You're not allowed to touch the floor with your hands or feet once you're on the scooter, so if someone falls off, the team has to reel the scooter back in and try again.

After they've been rescued, that teammate is allowed to help pull, so now you've got two people reeling in the next rescue. From here, the Lifeguard throws the scooter out to another teammate, they hop on, they get pulled in until everyone has been brought into the middle. The first team to rescue all of their members and get them to safety in the center wins!

Discussion Opportunity

My group used this game recently to illustrate the importance of being there for each other. It's crucial for teens to support each other to foster growth, maintain accountability and to provide a safe and encouraging community during difficult life stages. These relationships can help teens navigate social pressures and avoid isolation.

Watch the
Video Explanation Here!